

MARCH 2ND, 2016

*spring edition*

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BRINGING BACK EDO-MAE  
STYLE SUSHI TO MINNESOTA  
WITH MODERN FLAIR

**SUSHI FIX** p. 11





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On the Cover

## BRINGING BACK EDO-MAE STYLE SUSHI TO MINNESOTA WITH MODERN FLAIR

PHOTO BY JAYME HALBRITTER



## 5 HIDDEN GEM BAKERIES IN AND AROUND THE TWIN CITIES

Patisserie 46, Rustica, Patrick's Bakery & Cafe, the Salty Tart — the Twin Cities is blessed with a wealth of exceptional French-style bakeries. But there's a downside: Thanks to the easy access to stellar baguettes and exquisite croissants, other local breads and pastries don't get the attention they deserve. From beef curry puffs to cherry streusels, here are the praise-worthy carbohydrates at the Twin Cities' hidden gem bakeries.

### KRAMARCZUK'S

Kramarczuk's isn't exactly under the radar — their kielbasa has its own festival. But all of the attention to the gleaming cases of meat at the front of the store distracts from the Eastern European bakery items in the corner. These are pastries of substance: A cheese kolachi, filled with tart cream cheese and drizzled with icing, will tide you through till lunch. Hearty loaves of bread — sold as full-sized or half loaves — are the honest sort

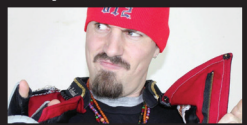
of food your grandma would approve of. The Polish rye has a robust sourdough tang, while the dense pumpernickel is filling enough to eat as a meal.

215 E. Hennepin Ave., Minneapolis | 612-379-3018  
[www.kramarczuks.com](http://www.kramarczuks.com)

### MARISSA'S MARKET

If you're down to your last few bucks and in desperate need of a sugar high, swing by Marissa's Market. The self-service bakery is a veritable buffet of Mexican sweets — just grab a tray and load up. Some of the pastries are in cases with price lists, but most are sold fresh from the oven on bakery racks. Don't let the lack of pricing information dissuade you, since nothing seems to be more than \$1.50. The churros are the best bargain: nearly a foot long, with delicately crunchy exteriors and meltingly tender innards. Other top picks are the empanada de crema, a sugar-dusted pastry filled with thick vanilla custard, and the remolinos, crispy pinwheels with jam centers.

2750 Nicollet Ave., Minneapolis | 612-871-3628  
[www.marissasinc.com](http://www.marissasinc.com)

|                                                                                                                                                                                                              |                                                                                                                                                        |                                                                                                                                                                                               |                                                                                                                                                  |                                                                                                                                                      |                                                                                                                                              |                                                                                                                                                |
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| <b>Famous Dave's Uptown</b><br>3001 Hennepin Avenue, Mpls, MN<br>PH 612.822.9900<br><a href="http://www.FamousDavesBluesClub.com">www.FamousDavesBluesClub.com</a><br><b>CALHOUN SQUARE</b><br>UPTOWN • MPLS |                                                                                                                                                        |                                                                                                                                                                                               |                                                                                                                                                  |                                                                                                                                                      |                                                                                                                                              |                                                                                                                                                |
| <b>FRI, MAR. 4</b><br>9 pm / \$7 Cover<br><br><b>SENA EHRHARDT</b>                                                        |                                                                                                                                                        | <b>SAT, MAR. 5</b><br>9 pm / \$8 Cover<br><br><b>WHITE IRON BAND</b><br>With The Burbillies & Javier Trejo |                                                                                                                                                  | <b>FRI, MAR. 11</b><br>9 pm / \$7 Cover<br><br><b>JOHN NEMETH</b> |                                                                                                                                              |                                                                                                                                                |
| <b>SAT, MAR. 12</b><br>9 pm / \$10 Cover<br><br><b>HEATBOX</b>                                                            |                                                                                                                                                        | <b>FRI, MAR. 18</b><br>9 pm / \$10 Cover<br><br><b>ARCH ALLIES</b><br>TRIBUTE TO JOURNEY STYX REO          |                                                                                                                                                  | <b>SAT, MAR. 19</b><br><b>DAVE RELF BENEFIT</b><br><b>FRI, MAR. 25</b><br><b>THE TRASHMEN</b><br><b>FRI, MAR. 26</b><br><b>TORONZO CANNON</b>        |                                                                                                                                              |                                                                                                                                                |
| <b>SUNDAY</b><br><b>BLUES JAM</b><br>7 pm - 10 pm<br><br>Every 2nd & 4th Sunday<br>No Cover                               | <b>MONDAY</b><br><b>SWING NIGHT</b><br>7 pm - 10 pm<br><br>No Cover | <b>TUESDAY</b><br><b>TRIVIA NIGHT</b><br>7 pm - 10 pm<br><b>SMARTY PANTZ</b><br>TRIVIA SYSTEM<br>No Cover                                                                                     | <b>WEDNESDAY</b><br><b>SALSA NIGHT</b><br>9 pm - Midnight<br><b>Salsa MIX PARTY</b><br><b>DJ OMAR</b><br>\$7 Cover<br>(Includes a Free Beverage) | <b>THURSDAY</b><br><b>COUNTRY NIGHT</b><br>7 pm - 10 pm<br><b>COUNTRY DANCE PARTY</b><br>No Cover                                                    | <b>FRIDAY</b><br><b>LIVE MUSIC</b><br>9 pm - Midnight<br> | <b>SATURDAY</b><br><b>LIVE MUSIC</b><br>9 pm - Midnight<br> |
| <b>HAPPY HOURS ♦ 3-6 PM MONDAY-FRIDAY ♦ 8 PM-CLOSE MONDAY-THURSDAY ♦ 3-7 PM SUNDAY</b>                                                                                                                       |                                                                                                                                                        |                                                                                                                                                                                               |                                                                                                                                                  |                                                                                                                                                      |                                                                                                                                              |                                                                                                                                                |





862 Lake Street East  
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www.sushifix.net

f Facebook: facebook.com/SushiFixbyBilly  
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**\*BEST SUSHI 2013 -CITY PAGES**

**\*BEST SUBURBAN EATS 2015 -CITY PAGES**

What began as a truck for Sushi Fix has blossomed into a destination sushi spot in Wayzata. Part of the allure is its enthusiastic owner, Billy. He greets every guest like a long-lost friend with an infectious warmth and uncontrollable sushi enthusiasm. Edo-style sushi is full of the silky fish textures and subtle flavors fans of the cuisine expect. Using only the best, most carefully sourced ingredients, Sushi Fix's creations arrive like jewels on the plate. However, eating sushi—usually so quiet and serious—is undeniably fun (and delicious) here. As Billy says, “Kampai!”

*About Billy:* Who knew that there was a world famous (yes, world famous!) Sushi Chef located in Minneapolis' back yard....Billy was selected to represent the US of A in the Global Sushi Challenge earlier this year. The competition was held in Japan.

Today, Billy can be found in Wayzata, sipping Japanese whiskey and creating decadent dishes for his loyal clientele. Billy is not just a Sushi chef—he is an entertainer, an artist, and a comedian. His smile is contagious and his food will put you in a sweet sushi coma.



Entertainer, Artist, Comedian, Sushi Chef Billy



Food photograph by Jayme Halbritter

## RECOMMENDED ROLL

### *Jackie Chan*

Shrimp tempura, snow crab, shiso, avocado, triple p sauce inside topped with tuna and salmon, jalepeno, spicy scallop. It's kick ass!

## RECOMMENDED DRINK

### *Coedo Japanese Beer*

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## DUR DUR BAKERY & GROCERY

Despite listing “bakery” in the name, most of Dur Dur Bakery & Grocery’s floor space is devoted to halal meat and packaged goods. But the bakery shelves up front make this Somali corner store worth a stop. There are hefty bags of injera, plump loaves of fresh roti, and best of all, little zip-top plastic bags of cookies. Try the qunbe, a very sweet, crumbly coconut bar reminiscent of a macaroon. Not much of a sugar fiend? Opt for the korsanyo, heart-shaped twists of mildly sweetened bread laced with a bit of vanilla pudding.

1552 E. Lake St., Minneapolis | 612-721-9449

## AKI’S BREAD HAUS

Since it’s a German bakery, the best-selling items at Aki’s Bread Haus are obvious: the pretzels. Sold as sticks, rolls, or traditional twists, these chewy delights are in a separate category above the soulless food court versions. But where this bakery really shines are the streusels, more understated and wholesome-tasting than their American counterparts. Especially noteworthy is the streusel topped with tart Michigan cherries, although the apple is a close runner up. Don’t forget to grab a couple broetchen for dinner — these crusty hard rolls are eminently worthy of a bit of extra chewing effort.

2506 Central Ave., Minneapolis | 612-578-7897  
www.akisbreadhaus.com

## KEEFER COURT BAKERY & CAFÉ

If your main beef with bakeries is that there isn’t enough meat on the menu, Keefer Court Bakery & Café is your kind of place. There’s an assortment of baked and steamed Chinese buns on offer, filled with BBQ pork, ham, or sausage. The beef curry puff is a turnover for carnivores, filled with tender shreds of spiced brisket. Vegetarians, don’t despair — you can have your pick of a selection of sweet buns. Try a puffy bun oozing with vanilla custard or a crisp fried sesame ball filled with sweetened red bean paste.

326 Cedar Ave. S., Minneapolis | 612-340-0937  
www.keefercourt.com

## THE SWEDISH CROWN BAKERY

The Swedish Crown Bakery prides itself on carefully crafting pastries with organic and non-artificial ingredients; a few of the products are also gluten-free. But whatever your stance on GMOs, these Scandinavian baked goods are worth the drive to Anoka. The signature items are the sweet breads — try an almond twisty rolled with almond paste and house-made custard, or the “in Sweden” pastry, a swirl of cardamom bread with a seasonal filling (right now it’s “Winter in Sweden” with molasses and pumpkin spices).

## PILGRIMAGE



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Greg Awada looks fresh in his specs at his  
St. Paul pizza shop ([zambonipizza.com](http://zambonipizza.com)).

## EYES on MINNESOTA

Father, chef, hockey player, writer and oh so much more, Greg  
Awada wears many hats but he only wears one pair of glasses.  
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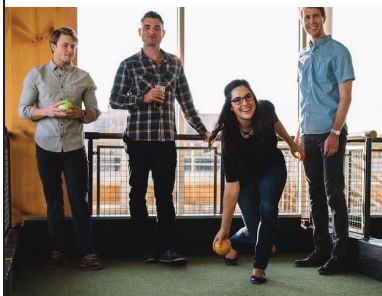




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—STACY BROOKS

## MINNEAPOLIS-ST. PAUL AIRPORT ADDS CRAFT BEER EMPORIUM, MAKES FLYING SUCK LESS

Need more signs that there is goodness in this world? The Minneapolis-St. Paul International Airport is converting a former Chili's restaurant into Stone Arch Craft Lab, a craft beer bar and restaurant with more beers on tap than the TSA has confiscated shampoo bottles.

The new concept is formally named "Stone Arch. food.CRAFT.beer" and will open in early to mid-summer with 25 taps, a 44-seat bar, and a 112-seat dining room. Minnesota Craft Brewer's Guild is responsible for selecting the beers and chef Bill Fairbanks of Barrio is developing the menu. Diners can expect made-from-scratch cooking with local and sustainable ingredients, and a to-go shop for sandwiches and takeout options. Drinkers can expect a delicious, local way to make the gate agent's caw disappear into a buzzy, golden haze.

The lineup will regularly feature 20 beers. Another five beers will be offered in the "Craft Lab" where brew masters and beer experts will educate interested travelers, in coordination with the Guild.

Aero Service Group, which will operate the Stone Arch bar and restaurant, also operates airport beer station DuClaw Brewing Company in the Baltimore/Washington Airport.

The new bar/restaurant is part of MSP's larger remodel, which will include a music venue restaurant from the owners of craft beer pub Republic, as well as a Smack Shack outpost and a doughnut shop by Angel Food Bakery

—LOREN GREEN

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"I never thought I'd own a liquor store," says Gretchen Skedsvold. But because life works in strange and mysterious ways, she and her husband, Mark Henry, are

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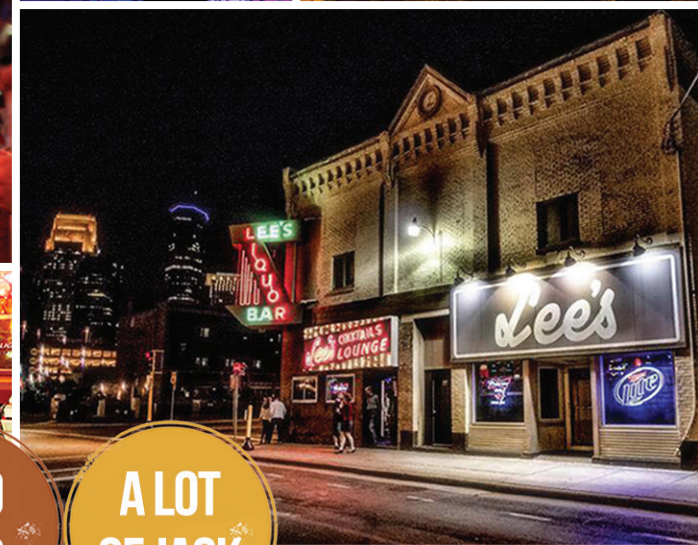


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| 3.24        | SPAG HEDDY                | <b>THE LOFT</b> |
| <b>4.2</b>  | <b>BADKLAAT, REQUAKE</b>  | <b>THE LOFT</b> |
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now the proud proprietors of...a liquor store that focuses on craft wine, beer, and spirits.

The couple moved to Minneapolis from New York in 2012 to be closer to family and to find a house, settle in, and raise their son, Oscar. They eventually found the perfect Victorian fixer-upper in the Bryn Mawr neighborhood. And although both Skedsvold and Henry were able to keep their corporate jobs and telecommute, they share an entrepreneurial spirit and wanted to start a business of their own.

"When we moved here, we couldn't find a lot of the wines we loved," says Skedsvold. They took to having wine delivered, but after a few mishaps, like returning home to find an entire shipment frozen on the doorstep, it occurred to them that perhaps they weren't alone in wanting to seek out indie producers using sustainable practices, and the idea of a wine shop began to take shape.

The couples' original intent was to open a shop in their Bryn Mawr neighborhood, but after finding what they thought would be the perfect location, they discovered that zoning restrictions wouldn't allow a liquor store. Despite that setback, "the momentum was going," says Skedsvold, and they were still committed to finding something close to home. A self-described "digger," who loves researching things, she started studying zoning maps, and took to driving around town, scouting out prospects. One day, she happened by the First and First Building, saw an empty space, got the landlord's number from another business in the building, and everything fell into place; Henry & Son opened last October.

The shop has an industrial loft feel to it, with white walls, tall ceilings, exposed ductwork, and a wall of windows facing Glenwood Avenue. There's a communal table in the middle of the room, and bottles displayed on cubbyhole-like shelves around the perimeter like little art installations. This place is the antithesis of the new liquor warehouses that have opened recently around town. It also had a distinctly different vibe from the local big boys like Surdyk's, France 44, and Haskell's.

But this is not a place for wine snobs only, although those folks will be delighted to find some off-the-beaten-track surprises. Henry and Skedsvold are equally excited to share their love of wine and their knowledge with people just starting to explore better wines, or looking to expand their palates with something a little more sophisticated or unusual.

The shop hosts tastings on most Thursdays and Fridays, a great opportunity to sample and learn. And don't think you have to drop a lot of money to get a good,

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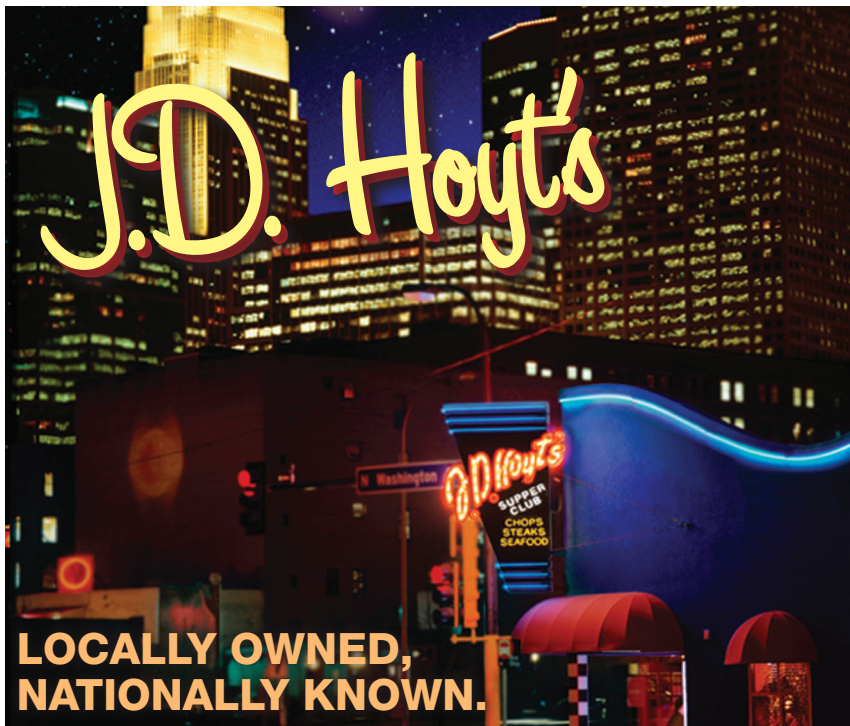
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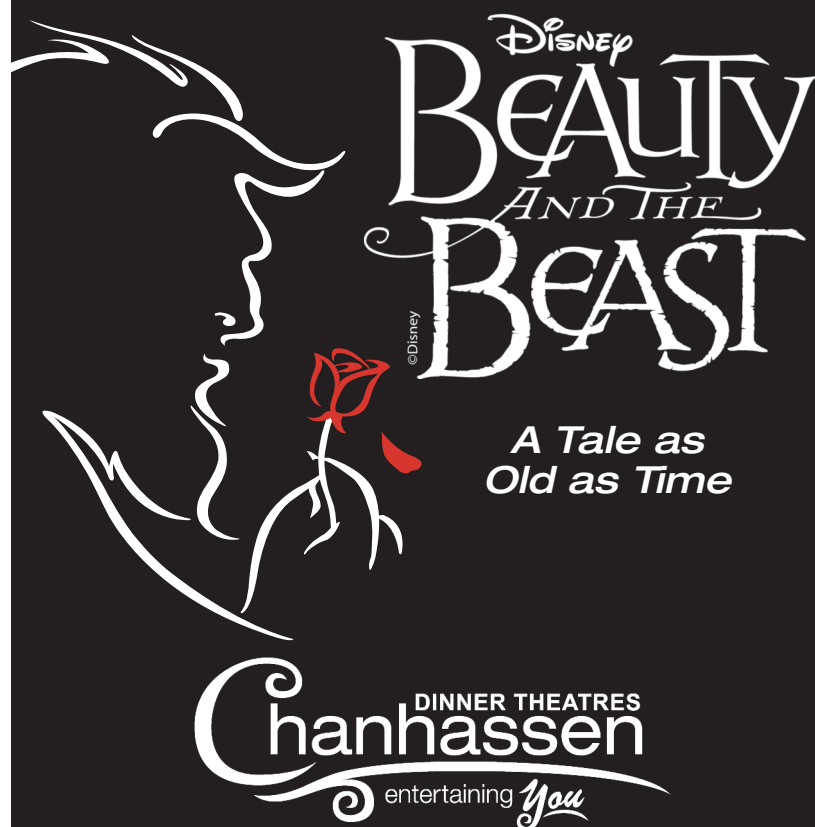
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interesting bottle of wine — just head over to the 12 wines under \$12 section and stock up. If you ask for recommendations, Skedsvold is happy to oblige. Just don't ask her to choose a favorite wine. "I like wines that make you think," she says, "wines that trigger a memory you can't quite figure out."

Henry & Son | 811 Glenwood Ave. | 612-200-9517  
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—MARY JO RASMUSSEN

## BEST TWIN CITIES TAKEOUT SPOTS YOU HAVEN'T TRIED YET

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Here are our five favorite takeout spots you haven't yet considered:

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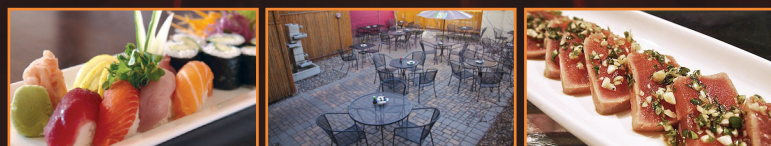
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113 W. Grant St., Minneapolis | 612-870-1218  
thelotusrestaurant.com

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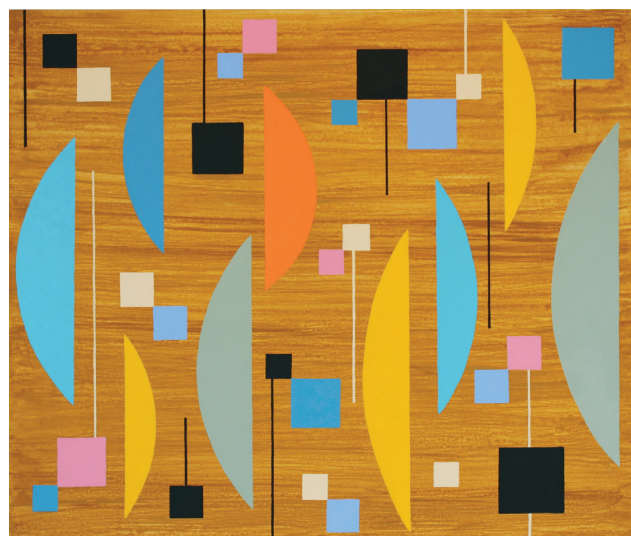
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Randy Reeves, "Capriccio" 2016, acrylic on canvas, 32 1/2 x 38 1/2 inches

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## NON-ALCOHOLIC COCKTAILS IN THE TWIN CITIES: WHERE TO GET THE BEST WITHOUT THE BOOZE

Are you giving your liver a break for the night? Or perhaps you've volunteered to be the designated driver? Whatever your reason for not imbibing, if you dread another night at the bar sipping sparkling water with a slice of lime while your friends get to enjoy drinks with exotic ingredients and nuanced flavors, you're just not at the right bar.

Here are a few tips on what makes a good non-alcoholic cocktail and where to get one. And while we can guarantee you'll enjoy your sober drinking, we can't promise that you won't find your drunk friends a lot less entertaining and more annoying than you used to.

### 1. FIND A PLACE THAT TAKES ITS BAR PROGRAM SERIOUSLY.

This might seem counter-intuitive. After all, if a restaurant or bar is really into the fine art of combining spirits with other esoteric ingredients for a cocktail that strikes a perfect balance, won't they think it's sacrilege to leave out the gin, vodka, or whiskey that is typically the star of the show? Quite the contrary. A skilled bartender will consider it a challenge — in a good way — to make you a tasty drink without the alcohol, and will have the knowledge and ingredients to do it.

A first-rate bar is stocked with great building blocks: freshly squeezed juices, aromatic bitters, infused simple syrups, sodas made in-house. Starting with stellar individual components makes for a better end result. Case in point: Parlour Bar in the North Loop, where head bartender Sean Jones uses the house-made ginger beer to spice up non-alcoholic cocktails. His booze-free version of the bar's spicy Margarita was a mouth-tingling mix of spicy, sweet, and citrus. "I take just as much care with a non-alcoholic drink as I do with any drink we make," he says.

### 2. LOOK FOR A MENU THAT LISTS MORE THAN NA BEER.

If the menu lists a couple of liquor-free drink options, it's a good sign that the bartenders have put some thought into coming up with tasty alternatives for folks who opt out of the hard stuff. Bradstreet Craftshouse features three

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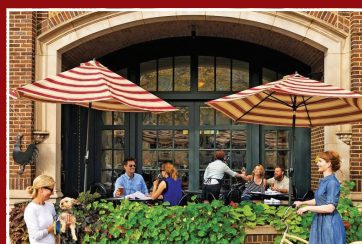


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non-alcoholic cocktails on its menu, each with a unique taste, proving that, yes, you can mix distinctive drinks without spirits. Each one riffs on its alcohol-based original. The Minted Ricky has the same flavors as a Gin Ricky, the Art of Crafts will remind you of a ginger martini and the Persephone will put you in mind of a Cosmo. If none of those choices strikes your fancy, just talk to the bartender for other suggestions.

### 3. KNOW WHAT FLAVOR PROFILES YOU LIKE.

When you ask for a non-alcoholic cocktail, chances are the bartender will counter with a question of her own: What types of flavors do you like? Don't stand there hemming and hawing, give them something to work with. Not sure how to put your preferences into words? Ralena Young, bar manager at Coup d'Etat in Uptown, offers this handy list to get you started: Do you favor sweet, salty, spicy, bitter, sour, or a combination? Still stumped? Think about the drinks you would normally order. Do you lean toward sweeter drinks like a Flirtini or do you prefer something citrusy like a Salty Dog? Do you gravitate to the deeper flavors of an Old Fashioned or a Manhattan? Armed with this information, a bartender has a much better chance of making you a mocktail you'll enjoy. "There's no reason a non-alcoholic drink can't be just as enjoyable as its alcohol-based counterpart," says Young, who should know. She won an NA drink competition with her Ruby Rose, which combines pomegranate juice, simple syrup, and soda water with cherries, lemon, and basil.

### 4. MAKE FRIENDS WITH THE BARTENDER.

Truly, this is a good piece of advice no matter what (getting a drink on the house every now and then is always a plus). But if you're looking for a really good non-alcoholic cocktail, it's even more important. For this reason, sitting at the bar is the way to go. It gives you a chance to chat with the bartender, get their input and give them your preferences. At Tongue in Cheek in St. Paul, there are no specific non-alcoholic drinks on the menu, but there is a section cleverly called Placebo Effect that lets customers know all they need to do is to put themselves in the capable hands of the talented bartenders. On a recent visit, after enjoying one of the booze-based cocktails, the Red Headed Stranger, which includes rye, vermouth, Amaro, bitters, and cherries, the need to drive home dictated a switch to an NA drink for the second round. Taking a cue from that drink, the bartender produced an NA version that echoed the flavors of the rye-driven original.

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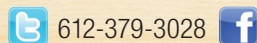


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## 5. KEEP AN OPEN MIND.

Just like a box of Kraft mac & cheese is never going to taste like the three-cheese lobster pasta at your favorite restaurant, a non-alcoholic drink, no matter how skillfully and thoughtfully prepared, is never going to taste like your favorite Boulevardier. But that doesn't mean that it can't be enjoyable in its own way.

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### -MARY JO RASMUSSEN

## 5 OF THE FINEST LOCAL SOUR BEERS TO TRY

A sour is not a style of beer like an ale or a lager, it's more of a flavor profile. Any beer — even stouts and porters — can be turned sour.

Traditionally, the process involves allowing a wild culture of yeast to spontaneously ferment a beer while it ages in a barrel. However, that process is quite protracted, and smaller brewers now sour their beers in closed kettles using lactobacillus — the same bacteria used to make sourdough bread — to do the work in a fraction of the time. The relative ease of making a sour has created something of a renaissance in the industry. Now, sour beers stand to do for tartness what IPAs did for bitterness in the early 2010s — to totally normalize a strong, odd taste to the palate of the American beer drinker.

Here are five sour beers you should be sipping.

### 5. FAIR STATE CROMULENCE

*Sour wheat beer, 4.0% ABV, Availability: On tap at the brewery and in 22 oz bottles*

The ugly side of brewing a sour beer is that the process drives up the price. 22 oz and 750 ml bombers typically run \$12-\$20, with some getting into the signed-copy-of-Blonde on Blonde territory. Then there's the always utilitarian Fair State Co-op, whose Cromulence gives you the sour beer experience for the agreeable price of \$5 per bottle.

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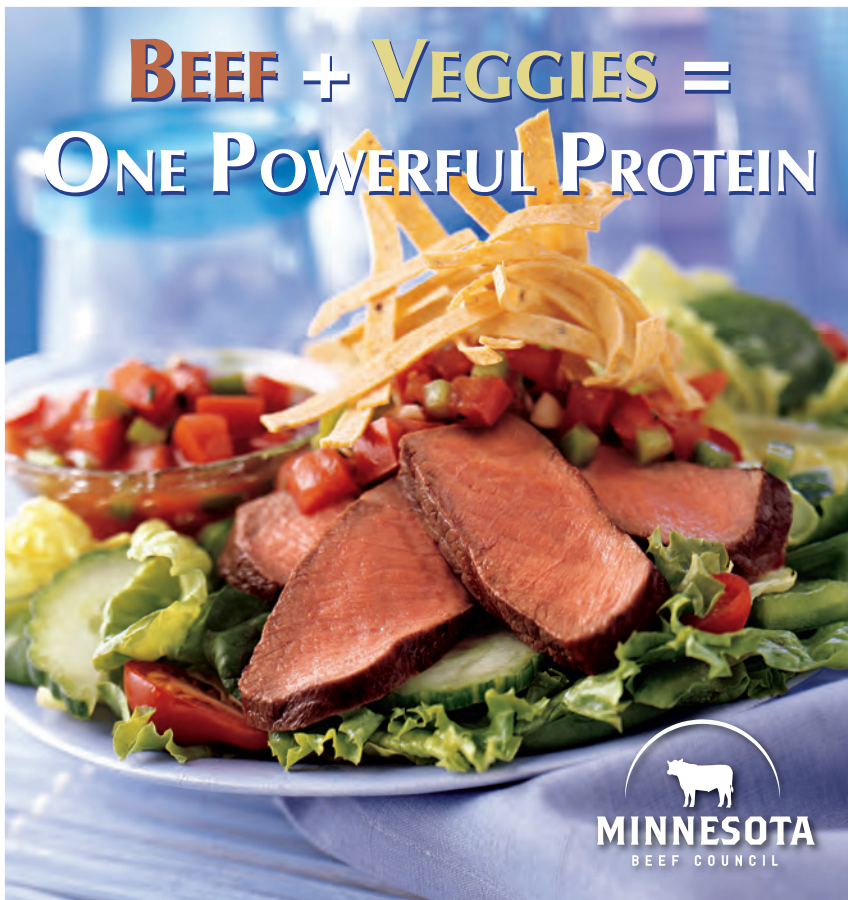


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sons neologism “cromulent,” meaning “adequate” — also has a very utilitarian taste. As far as sours go, it’s pretty mild. There’s not much of that lip-puckering tartness you find in an imported sour at twice the price, and that’s probably thanks to the freshness of the lemon and orange. Fair State’s LÄCTOBÄC series is only sold at the brewery.

#### 4. BOOM ISLAND OUDE FUNK

*Belgian-style sour ale, 4.8% ABV, Availability: On tap at the brewery and in 375 ml bottles*

The first of the Spontaneous Series for Belgian-minded Boom Island, Oude Funk has a distinctive Flemish flavor. It’s one of the most traditional beers on this list, mimicking a lambic or a gueuze, both ancient brews that the modern sour draws from. Like all of Boom Island’s concoctions, Oude Funk is extremely wheaty, and there’s an apparent chew to the body. Vinegar and strong lemon scents leap off the glass, reminding you that what’s inside isn’t just a normal witbier.

Aged for three years in oak barrels at Boom Island, this dutifully fermented small-serving beer is a pricey option. You’re basically paying for its rent on the microbrewery’s brew floor. Because of that, it’s better saved for a special occasion — though a few sours over charcuterie is an occasion that doesn’t pop up nearly enough.

#### 3. EASTLAKE KIRBY PUCKER SERIES

*Sour wheat beer, 4.5% ABV, Availability: On tap at the brewery*

Nestled in a corner of the Midtown Global Market, Eastlake Craft Brewery has been running a robust sour series for the last year while going mostly unnoticed. Their Kirby Pucker line is now in its fourth iteration, and the brewery is tapping a kettle-soured pale lager. Head brewer Ryan Pitman likens it to a sour PBR, but in truth, it’s a tarty twist on the brewery’s Laeger-Hagemeister. The paleness gives the beer a dryer finish than most sours, and it pours a familiar straw yellow, but that’s where the PBR comparisons stop.

While sourness is the most prominent taste in the no. 4 brew, Eastlake also has the no. 3 oak-aged red sour on tap in their brewery. The flavor of the no. 3 is far more complex — the oakiness of the barrel bleeds into a heavy malt profile and some red wine flavors. Whenever you make it to their centrally located taproom (most sours are not sold in their already-limited liquor store selection), they always have a Kirby Pucker of some variety pouring. It’s one of the most accessible (and affordable) sour programs in the Twin Cities, so check in frequently, as new sours roll out roughly every two months.



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## 2. BENT BREWSTILLERY FUNKED UP SERIES

Berliner weiss, 6.6% ABV, Availability: On tap at the brewery and in 16 oz bottles

It's up for debate whether a traditional berliner weiss falls into the sour category, but when it's been fed to loads of Brettanomyces and lactobacillus bacteria and left to age in oak for a year, it takes on a definitive, undeniable sour characteristic. Roseville's Bent Brewstillery has an excellent line of sour berliners under their Funked Up label, with their current baby being no. 9, Kentucky Road. What sets this whiskey-aged offering apart from its competition is the soothing vanilla flavor that backs up the barnyard funk.

Bent is also selling their no. 13, named Squishy Brett Hop, which leans on the fruit profiles of mango and white apricot, but Kentucky Road has been the most unique of six barrel-fermented beers they've brought to market. As far as sours in the Gopher State go, it's nearly the best brew you can pour in your snifter. It's highly acidic, though — to the point where you might want to snack on some soda crackers between gulps.

## 1. SURLY PENTAGRAM

Sour dark ale, 6.6% ABV, Availability: On tap at the brewery and in 750 ml bottles

At this point, it's tacky to say that Surly has the best anything in Minnesota, but the devilishly complex Pentagonagram is truly, incontestably the best sour beer in the North Star State. Paste Magazine named it the 22nd best sour in the country, and the beer holds an enviable Beer Advocate rating of 92, but a pour of the sticky sour dark ale holds up to the critical adulation. Served in a wine bottle sealed with the wax from a necromancer's paraffin, the beer pours a red mahogany.

The odor of the red wine barrels it's aged in jumps out of the glass. The scent alone is intoxicating — maybe it's the tacit tobacco notes or the fact that this beer is brewed by the devil himself, but either way, you could only smell this Brettanomyces-fermented beer and never taste it and still get the experience. But what you'll miss is the lurking sourness that hangs on the back end of a sip — a tart that's strong enough to make your fillings hurt. Swallow slow, and enjoy the melon and sour cherry flavors of this wild-fermented master stroke.

—JERARD FAGERBERG

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class cheffy pedigree that our town has rarely seen. He worked under some of the biggest names in America during his many years in New York City, which means he runs in big-name food circles.

But perhaps more important than all of that, Kaysen says he wanted to do something good. Something good for the community, something good for charity, something good for Minneapolis and New York, and everyone all around. So he's created what he's calling the Synergy Series, where he'll shut down Spoon and Stable for one Thursday each quarter, and bring in one of the biggest names in food, anywhere.

Tickets to dine with one of four Michelin starred chefs are \$295 each, and a quarter of the revenues will go to charity. A limited quantity of tickets for the up-close-and-personal chef's bar will go for \$395.

You can purchase tickets at thesynergyseries.com, as well as read chef bios, find out more about the charities, and watch a little video about what Kaysen was thinking when he decided to create the series. You'll also briefly meet each chef if you're not already familiar.

Each ticket includes a multi-course dinner with beverage pairings and all service fees (tax and tip). Tickets will be available 60 days in advance of each dinner and the restaurant is unable to provide refunds or accept cancellations.

Kaysen also mentioned that on event nights, he will keep the lounge area of Spoon and Stable open to the general public, serve the bar menu, and ask each chef to create a specialty bar item for purchase.

"That way if a 20-year-old line cook wants to come in and try something by April Bloomfield or Daniel [Boulud], they can."

It also seems like kind of a cool way to show off New York City to Minneapolis, but also show off Minneapolis to New York.

Act fast, as the tickets will surely sell out.

#### THE LINEUP:

Chef Michael White of the Altamarea group, April 28, 2016

Chef Michael Anthony of Gramercy Tavern and Untitled, June 16, 2016

Chef April Bloomfield of The Spotted Pig & The Breslin, October 13, 2016

Chef Daniel Boulud of Restaurant Daniel, December 15, 2016

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The idea of turning waste into wine sounds less crazy if you consider its origins: the urge to get alcohol when you're broke.

Jeff Zeitler was a short-on-cash college student with an interest in making booze. But the raw material was expensive and hard to come by. Twenty years ago, home brew stores didn't pepper the Twin Cities as they do now, and even if they did, imported Chardonnay juice was a luxury for a college dude.

"I just wanted to make alcohol with whatever I could find. So I got some apple juice from the grocery store and made some not very good hard cider," says Zeitler.

Still, he was undeterred.

"I saw mulberries falling on the ground all over the place, and got the idea that I could make some wine out of them." It turned out pretty good.

He kept at it. Now, 20 years later, he and his wife and business partner, Gita Zeitler, have a good enough product to bring to market.

Urban Forage Winery and Cider House has opened on East Lake Street. When people ask, "Where's the vineyard?" Zeitler has to launch into his tale of foraging.

"People are all too happy to have us come and pick their apples," he says, describing their method for gathering the raw materials for dry apple wine and cherry apple hard cider.

The process goes like this: The Zeitlers get in their minivan with a tarp and 50 burlap sacks they inherited from a coffee roaster. They hook a pole to the top of a tree, and then shake.

"Usually if there's a tree in someone's back yard, they've inherited it from the previous owner or even the owner before that. Ten to 15 bushels of apples can fall on the ground from one tree. They can rot, and attract bees, and people don't like that."

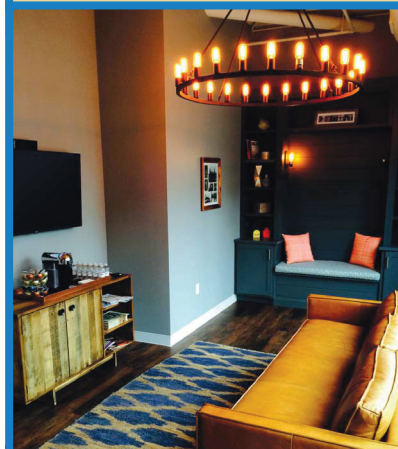
Which is why people like to see the Zeitlers show up. They focus on trees within five miles of the winery to keep it local.

Not every ingredient is foraged, but they take care to source supplemental produce locally as well. Their upcoming batch of mead will use honey purchased from an apiary in Hinkley, since it was too difficult to forage the amount required.

Grocery-store seconds are also fair game. They recently bought a bunch of cane sugar in damaged packaging from Co-op Partners, stuff that's perfectly ed-

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ible but would have otherwise wound up in the waste stream.

Summer will yield rhubarb, dandelion, and even carrot wine. Zeitler says not to worry. It doesn't taste that carrot. "It's a little more peachy."

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As lovers of a good gin & tonic, that was the question friends Kari Madore and Julia Brosz asked themselves. But being creative types, instead of shrugging their shoulders and making do with the least objectionable of the commercially made products, they decided to create their own tonic. After much research, and lots of experimenting and taste testing, they debuted Blue Henn Tonic Syrup, a mixer made with as much care as the local spirits that inspired it.

There are lots of ways to make tonic, and while Madore and Brosz don't want to reveal any proprietary secrets, they will divulge that they start the process by steeping bark from the cinchona tree, native to Peru. The bark is very bitter, and contains quinine, which, if you remember your high school history, was used by British soldiers in colonial India to combat malaria. Along the way, some enterprising Brit figured out that mixing quinine with sugar and carbonated water made the bitter medicine more palatable. And what the heck, why not add some gin and make it a party? Thus the venerable G & T was born.

While the drink is still as popular as ever, the tonic has changed dramatically over the years. Most mass produced versions do not use cinchona bark (so don't contain any quinine), but rely on artificial flavors to get that astringent quality and on high fructose corn syrup as a sweetener. Blue Henn takes tonic back to its roots. In addition to the traditional cinchona bark, the small-batch tonic is made with organic herbs, natural citrus oils, and cane sugar. The resulting concentrated syrup needs to be diluted, typically with

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soda water, for use in drinks. The flavor profile is much more complex than a commercial tonic; there is a nice, warm spiciness along with floral notes, which combined with the sweetness from the cane sugar, nicely balance the bitterness of natural quinine. And here's a fun party fact: quinine in cinchona bark fluoresces under black light.

In addition to researching everything they could find out about tonic, the development process also included many, many trips to the grocery store where Madore and Brosz would hunt for ingredients that sparked their interest, take bags full of herbs home and experiment with different combinations. Using friends and family as their taste testers/guinea pigs, they eventually hit on the final recipe. Now that they're producing the tonic in larger quantities, many of the ingredients are sourced through the same wholesalers that local co-ops buy from. The cinchona bark comes from South America.

Brosz and Madore, who met as students at the U of M College of Design, put their artistic backgrounds to use designing the bottles and labels for the tonic. And although they recently expanded into a new commercial kitchen in Minneapolis that they share with two other craft beverage makers, the duo, with help from their husbands, still do all the chopping, measuring, steeping, and mixing themselves. They also bottle the finished product, label it (you'll find the brew date and batch number stamped on each bottle), and box it up. Until this past August, they delivered it personally, but are now working with a distributor, expanding to markets outside the metro area. "We pull weekend marathons, starting the process on Friday night, then working through Saturday and Sunday to fill a pallet for the distributor," says Madore. While currently busy scaling up production for their expanded market, they are already thinking about how to build on the success of their tonic.

You'll find Blue Henn tonic behind the bar at establishments around the metro, and it's available at most major liquor stores. A 16-ounce bottle sells for \$17.99 and will make 21 drinks, give or take. The company's website and Facebook page list upcoming events and demos where you can meet the makers.

Here's a recipe from Madore and Brosz for a BH Margarita (makes one drink):

1.5 ounces tequila

1.5 ounces Blue Henn Tonic Syrup

Juice of one lime and one orange

Sugar (to coat the rim of the glass)

Put sugar on a plate; dip a glass in a bowl of water, then into sugar to coat the rim. Combine the tequila, tonic and citrus juices over ice in glass; stir to combine.

—MARY JO RASMUSSEN



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